



September-October 2018

Winning@Wellness

The #1 Myth About the Flu Shot

Many people believe that the flu shot will make them sick. This couldn't be further from the truth. It's scientifically impossible to get the flu from the flu shot. The vaccine is made from either a dead or inactive version of the flu virus, or without the virus at all. The vaccine causes the body to develop antibodies to the live flu virus. These antibodies take about two weeks to fully develop and protect you from the flu.

The flu shot helps people build immunity to a few strains of the flu projected to spread that year. If a different strain emerges, the vaccine won't protect you from contracting that particular strain, but it might still help ease severity and length of your symptoms.

Mild side effects after getting a flu shot can include slight body aches and nausea, or a low-grade fever. These symptoms are not indicative of the onset of the flu virus. Many people mistake symptoms of other illnesses for signs of the flu. Even though you think you have the flu, you might just have a case of the common cold or a different bug that's spreading around the office.

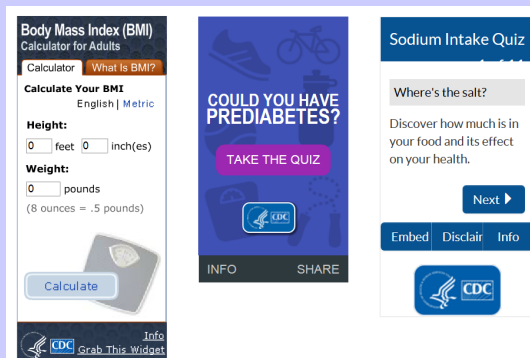
Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Getting vaccinated yearly is a safer choice than risking illness. Even when the viruses the vaccine protects against have not changed from the previous season, an annual vaccination is needed to get the best protection against the flu.

Get the
FLU  **SHOT**
not the flu!

Read more at: <https://www.cdc.gov/flu/about/qa/misconceptions.htm>

Health Risk Assessments

Tools available on the website below can help you better understand and manage your risk for health problems.



<https://health.mo.gov/living/wellness/lifedependsonit/tools.php>

DAILY 4
BRUSH
TWICE A DAY
FLÖSS
*interdental cleaning
DAILY
RiNSE
WITH MOUTHWASH
CHEW
SUGAR-FREE GUM

<http://www.adha.org/national-dental-hygiene-month>

Colby Jack O' Lanterns

You'll need: 8 whole-wheat bread slices, 2 teaspoons butter, 1 (8-ounce) block of Colby Jack cheese, sliced (makes 4 sandwiches)

Directions: Preheat oven to 350° F. Cut out jack-o'-lantern faces on 4 slices of bread. Butter one side of all 8 slices. Lay butter side down on a baking sheet and layer Colby Jack cheese on the slices without faces. Bake for 10 to 12 minutes or until golden brown. Remove from oven and place jack o'-lantern faces on top of the cheese slices.



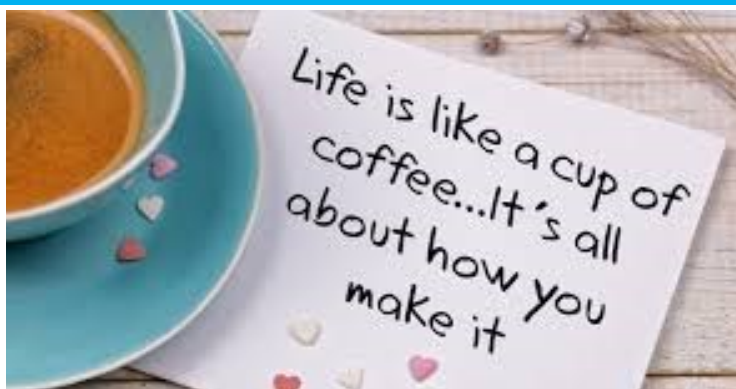
Source: <https://www.everydayhealth.com/healthy-halloween-treats-for-kids.aspx#02>



Did you know 57 percent of students who are bullied don't notify an adult at school.

National Center for Educational Statistics, 2016

<http://www.pacer.org/bullying/resources/parents/helping-your-child.asp>



SPOTTING THE SIGNS OF ELDER ABUSE

About **1 in 10** adults over age 60 are abused, neglected, or financially exploited.



Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.



Watch for these signs of abuse:



▶ Seems **depressed, confused, or withdrawn**



▶ **Isolated** from friends and family



▶ Has **unexplained bruises, burns, or scars**



▶ Appears **dirty, underfed, dehydrated, over- or undermedicated**, or not receiving needed care for medical problems



▶ Has **bed sores** or other preventable conditions



▶ Recent **changes in banking or spending** patterns

Talk with the older adult and then contact the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

Visit <https://www.nia.nih.gov/health/topics/elder-abuse> to learn more about elder abuse and how to get help.

NIH National Institute on Aging